

^{180}Os $Z = 76$ $N = 104$ adopted link ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE = 1437.735 (0.016) MeV

Qbeta+ = 1.481 (0.027) MeV

	Energy T	J+		J-		J-other		T1/2

S-alpha=	-3.861	(0.032)	-----					
1800S 1	0.000	0+						1 21.5 M 4
1800S 2	0.132	2+						2 0.67 NS 7
1800S 3	0.409	4+						3 27.0 PS 35
1800S 4	0.736	0+						4
1800S 5	0.795	6+						5 6.7 PS 17
1800S 6	0.831	2+						6
1800S 7	0.870	2+						7
1800S 8	1.023	3+						8
1800S 9	1.053	4+						9
1800S 10	1.197	4+						10

1800S 11	1.257	8+						11 6.9 PS 14
1800S 12				1.375	3-			12
1800S 13	1.379	6+						13
1800S 14	1.406	5+						14
1800S 15				1.515	4-			15
1800S 16	1.516	4+						16
1800S 17				1.604	5-			17
1800S 18	1.627	6+						18
1800S 19				1.761	6-			19
1800S 20	1.768	10+						20

1800S 21				1.863	7-			21 0.21 NS LT
1800S 22	1.877	6+						22
1800S 23	1.881	7+						23
1800S 24				1.929	7-			24 15.2 NS 12
1800S 25				1.987	8-			25
1800S 26				2.086	8-			26
1800S 27				2.113	9-			27
1800S 28				2.176	9-			28
1800S 29				2.276	10-			29
1800S 30						2.286 (7-,8-)		30

1800S 31	2.309	12+						31
1800S 32	2.411	9+						32
1800S 33						2.429		33
1800S 34				2.463	10-			34
1800S 35				2.467	11-			35
1800S 36				2.544	11-			36

1800S 37						2.599				37
1800S 38						2.636				38
1800S 39						2.675	(9-,10-)			39
1800S 40				2.683	12-					40

1800S 41		2.695	12+							41
1800S 42		2.875	14+							42
1800S 43						2.915				43
1800S 44				2.919	13-					44
1800S 45				2.920	12-					45
1800S 46						2.925				46
1800S 47				2.982	13-					47
1800S 48		3.008	14+							48
1800S 49						3.139	(11-,12-)			49
1800S 50				3.176	14-					50

1800S 51						3.246				51
1800S 52						3.343				52
1800S 53		3.403	16+							53
1800S 54				3.443	15-					54
1800S 55				3.452	14-					55
1800S 56				3.476	15-					56
1800S 57		3.495	16+							57
1800S 58						3.629				58
1800S 59						3.657	(13-,14-)			59
1800S 60						3.704	(11,12)		5 NS	LE

1800S 61				3.735	16-					61
1800S 62						3.856	(12,13)			62
1800S 63						3.886				63
1800S 64		3.926	18+							64
1800S 65				3.982	17-					65
1800S 66				4.028	16-					66
1800S 67				4.031	17-					67
1800S 68						4.037	(13,14)			68
1800S 69						4.068				69
1800S 70		4.135	18+							70

1800S 71						4.201	(15-,16-)			71
1800S 72						4.248	(14,15)			72
1800S 73				4.342	18-					73
1800S 74						4.487	(15,16)			74
1800S 75				4.497	19-					75
1800S 76						4.532				76
1800S 77		4.543	20+							77
1800S 78						4.581				78
1800S 79				4.600	18-					79
1800S 80				4.651	19-					80

1800S 81						4.751	(16,17)			81

1800S 82						4.770	(17-,18-)	82	
1800S 83		4.821	20+					83	
1800S 84					4.978	20-		84	
1800S 85							5.037	(17,18)	85
1800S 86					5.045	21-		86	
S-p	=	5.061	(0.029)	-----					
1800S 87							5.136		87
1800S 88							5.165	(20-)	88
1800S 89		5.236	22+						89
1800S 90							5.255		90

1800S 91					5.294	21-			91
1800S 92							5.348	(18,19)	92
1800S 93							5.387	(19-,20-)	93
1800S 94		5.551	22+						94
1800S 95							5.562		95
1800S 96					5.626	22-			96
1800S 97					5.667	23-			97
1800S 98							5.732		98
1800S 99							5.788	(22-)	99
1800S 100					5.951	23-			100

1800S 101		5.981	24+						101
1800S 102							6.025		102
1800S 103							6.056	(21-,22-)	103
1800S 104							6.298	(24-)	104
1800S 105							6.324	(24+)	105
1800S 106							6.373		106
1800S 107					6.378	25-			107
1800S 108							6.496	(24-)	108
1800S 109							6.653	(25-)	109
1800S 110		6.766	26+						110

1800S 111							6.773	(23-,24-)	111
1800S 112							6.824		112
1800S 113							7.031	(26-)	113
1800S 114							7.145	(26+)	114
1800S 115							7.180	(27-)	115
1800S 116							7.290	(26-)	116
1800S 117							7.431	(27-)	117
1800S 118							7.535	(25-,26-)	118
1800S 119							7.615	(28+)	119
1800S 120							7.665		120

1800S 121							7.843	(28-)	121
1800S 122							8.015	(28+)	122
1800S 123							8.064	(29-)	123
1800S 124							8.303	(29-)	124
1800S 125							8.349	(27-,28-)	125
S-2p	=	8.527	(0.022)	-----					

1800S 126				8.554	(30+)	126
1800S 127				8.573		127
1800S 128				8.740	(30-)	128
1800S 129				8.918	(30+)	129
1800S 130				9.022	(31-)	130

1800S 131				9.220	(29-,30-)	131
1800S 132				9.277	(31-)	132
S-n	=	9.407	(0.022)	-----		
1800S 133				9.595	(32+)	133
1800S 134				9.717	(32-)	134
1800S 135				9.846	(32+)	135
S-p	=	5.061	(0.029)	-----		
S-n	=	9.407	(0.022)	-----		
S-2p	=	8.527	(0.022)	-----		
S-2n	=	16.954	(0.021)	-----		
S-alpha	=	-3.861	(0.032)	-----		
S+p	=	-2.396	(0.017)			
S+n	=	-7.265	(0.030)			
S+2p	=	-6.390	(0.020)			
S+2n	=	-16.396	(0.027)			
S+alpha	=	4.599	(0.022)			
gap p	=	2.665	(0.034)			
gap n	=	2.142	(0.037)			
gap 2p	=	2.137	(0.030)			
gap 2n	=	0.559	(0.034)			
gap alpha	=	0.738	(0.039)			